



Reinvention: The Other Side of Uncertainty

Module 1: Introduction to Reinvention






Reinvention: The Other Side of Uncertainty


Perseverance and persistence.
When you are dropped into an environment that challenges your stability and reality, there is no quitting. The only forces you can count on are your spirit, character and experience.
That's the great lesson that earns your place in the world.

Sebastian Copeland
Author, Explorer, Photographer



Overview of Program Goals for the 8 Modules


- Understand the elements of reinvention necessary to deal with the challenges of uncertainty.
- Inventory and identify your transferable skills.
- Use resilience as a tool for recognizing and managing the emotional impacts of uncertainty.
- Create an action plan designed to both empower staff and maximize positive aspects of existing and upcoming changes.



Challenges, Difficulties and Reactions

- Anger
- Fear
- Uncertainty
- Depression
- Indecision
- Betrayal
- Confusion
- Paralysis
- Procrastination
- Withdrawal

All are normal during transitions, until they interfere with activities of daily living.




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Looking Ahead to Module 2

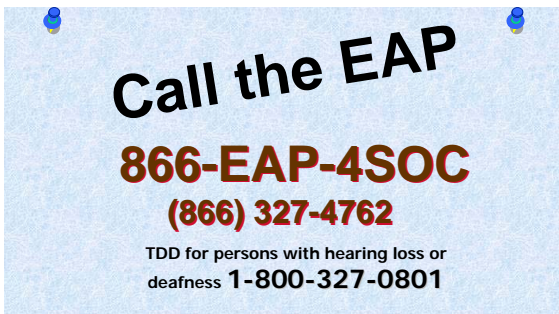
*From Uncertainty to Success:
The Tools of Reinvention*


- Managing Uncertainty
- What is "Reinvention"?
- Preparation for the Process



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Remember Your EAP





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Resources

- CDCR Office of Employee Wellness
855-897-9822
- Your local Peer Support Team
- CDCR Layoff Resources website:
<http://www.cdcr.ca.gov/layoffresources/Index.html>
- EAP
- Other